**Blessed love**

 **THE HERB CALLED ROSEMARY**

An excellent skincare product for treating acne, scars and wrinkles, ROSEMARY's needle shaped leaves are used in Seasonings and as a Medicine.

 ROSEMARY comes with the compounds of Camphor, Pinene and Cineole. Pinene concerns the alpha and beta hormonal states. Being rich in anti-oxidant properties Rosemary herb has anti-fungal and anti-bacterial properties.

 A hot compress of the HERB relieves numerous female complaints like irregular menstrual cycles and retinitis. ROSEMARY restores, strengthens, and balances the nervous system amd so protects against mood swings.

 ROSEMARY HERB is popularly known for increasing hair growth. After six months of rubbing-in oil on the scalp twice a day, there is anti-spasmodic activity with the rubbing or massaging, which normally increases flow of blood to the scalp.

A good SHAMPOO blend is Rosemary and Aloe Vera gel. A massage blend of oils is Rosemary, Cedarwood, and Sage together. ROSEMARY enhances mental clarity making it easy for creative actio .

 The herb’s anti-inflammatory properties makes it useful in relieving blockages and stagnation, and fortified and protects The Liver., Gall Bladder, and Heart and enhances their functions.

 ROSEMARY restores the nervous system and prevents mood swings and disorders in Glands. It balances the intestines and treats Colitis and Irritable Bowel Syndrome [IBS].

 An IMMUNE Stimulantthis hernpb is useful in relieving Respiratory conditions like bronchitis, and sinusitis, naturally it helps in colds and flu conditions as well.

 ROSEMARY unsurpassed by other in its ability to relieve excess mucous conditions like swelling, lung congestion, edema and coughing. Rosemary's anti-septic compounds support a healthy functioning Immune System.

 With its cell regeneration powers, Rosemary is an excellent oil for physical recovery of one’s Energy after an illness, and lowers blood sugar levels.

**AN EXCEPLENT OIL FOR MASSAGE**

 Massage in ROSEMARY oil for its beneficial effects o Circulation systems of Blood, Lymph and Nerve supply.

 Use it to relieve symptoms of Chronic Fatigue and Multiple Sclerosis and to relieve stiff joints and muscular aches and pains.

 Used in moderation it will clear blocked sinuses and relieve stuffy noses and congestion. ROSEMARY Oil stimulates the Central Nervous system and Improves the Intellect. This majestic herb is a useful aid to Meditation and can be blended With other Oils to clear an stabilise the mind.

 ROSEMARY can be helpful I breaking free of negative habits by clearing mental and emotional patterns, as well as negative situations. Psycho-emotional help is here as Rosemary oil’s invigorating scent revives the mind and emotions,.

 Inhaling Rosemary Oil restores the Sensory abilities of SPEECH, SIGHT and SMELL. Use this Oil on the Liver and gall bladder regions to detoxify and give tone to the organs.

 Support your organs, rub the oil on your neck and in the area of the Liver below the last right rib. Massage across the navel to the other side. Mix Lemon Oil with Turmeric and Rosemary for supporting the abdominal organs.

 ROSEMARY and Verifier and Cedarwood blend to support Brain Health. Use three [3] drops on the temple. Rosemary support focus and those with ADHD. Miz eith Coconut oil or Olive, add use against Dementia, Alzheimer's disease and Brain Fog.

 Rosemary and Peppermint Oils are GREAT aromas for Heart health and they reduce Diabetes. This OIL is found to be just as good as Lavender or Frankincense.

 Blend a Muscle Rub using Rosemary, Coconut, Peppermint and Ginger oils to reduce Inflammation.

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By Emp